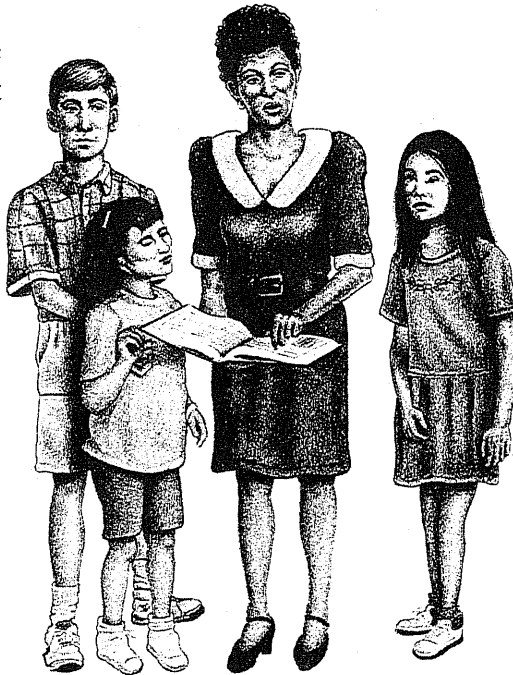


TIPS FOR COPING WITH YOUR CHILDREN'S FEARS

Before the Disaster

Your children are less likely to experience prolonged fear or anxiety if they know what to expect after the disaster. Include your children in the preparation phases of your family's emergency plan.

- ☐ Talk about your own experiences and/or read aloud about disasters, such as earthquakes. Local libraries have a number of good books on earthquakes and other disasters.
- ☐ Ask the staff at your children's school about the school's disaster plan.
- ☐ Provide your children with the name of a relative, neighbor or friend who will care for them until the family can be reunited.



Name: _____ Phone: _____

Address: _____

- ☐ Help your children assemble their own emergency supply kit.

After the Disaster

Encourage your children to express their feelings of fear. Give them a chance to talk and ask questions.

Your children may need both verbal and physical reassurance that everything will be all right. Hug them frequently.

Include your children in any clean-up activities. It is comforting for children to watch the household begin to resume its normal functions, and to have a job to do.

Have your children write a story or draw a picture.

Explain to your children what has happened.

Replace your children's toys and security items (blankets, etc.) as soon as possible.

Allow your children to mourn the loss of a friend or home.

After acknowledging their fears, point out their abilities and the things they can do for themselves.

